

LifeSpanTM

Folding Treadmill

Owners Manual

TR3000i / TR4000i

LifeSpan™

by PCE
HEALTH & FITNESS

Welcome to LifeSpan

Congratulations in taking a step forward to increase your level of physical activity or add variety to your current exercise program. Physical activity is now more than ever a necessity to keep your body healthy and fit. Whether your motivation is to Lose Weight, manage a Chronic Disease like diabetes, train for a sporting event or just live a Healthy Lifestyle, LifeSpan products can help you achieve your health and fitness goals.

In this manual we have included exercise information that is specific to each of these 4 key motivations for exercise. We also invite you to the LifeSpan Fitness website at www.LifeSpanfitness.com where we include additional information and tools to help you maintain your exercise program and achieve your health and fitness goals.

The LifeSpan Home series of cardio equipment is designed for the more than 60% of consumers who say they prefer to exercise in the comfort and privacy of their own homes. Each Home series product is designed and manufactured to exceed your expectations for quality and durability, simple assembly and ease of operation.

Please read this manual thoroughly before assembly and operation of your new LifeSpan equipment. It includes information on proper operation, safety precautions, product assembly and ongoing maintenance.

Remember that some types of services should only be performed by a qualified service technician. In the instance that service is required, please contact your authorized LifeSpan retailer or log on to our website and select the Customer Support option. Complete the information requested and we will respond to your inquiry within 2 business days.

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Neither PCE Health and Fitness nor its representatives can accept responsibility for any damages or injury incurred as a result of information presented in this manual except under the terms of the product warranty.

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Specifications

| | TR3000i | TR4000i |
|----------------------------------|---|---|
| Console | | |
| Readouts | Program Name, Date and Time, Workout Time, Calories, Step Count Distance, Heart Rate, Speed, Incline | Program Name, Date and Time, Workout Time, Calories, Step Count Distance, Heart Rate, Speed, Incline |
| Display | Multi-Color LCD | Multi-Color LCD |
| Program Matrix | 15 Rows by 20 Columns | 15 Rows by 20 Columns |
| Programs | Manual, Preset (17), User Set-up (2), Heart Rate Control (2) | Manual, Preset (17), User Set-up (2), Heart Rate Control (2) |
| Program Buttons | 5 Program Group Buttons for Heart Rate Control, Healthy Living, Sports Training, Weight Loss and User Set-up Programs | 5 Program Group Buttons for Heart Rate Control, Healthy Living, Sports Training, Weight Loss and User Set-up Programs |
| Audio | Audio Center with in / out jacks and integrated speakers | Audio Center with in / out jacks and integrated speakers |
| Heart Rate | Grip Pulse with Receiver (chest strap not included) | Grip Pulse and Receiver (chest strap included) |
| USB | Interactive Health Partner Compatible USB Port | Interactive Health Partner Compatible USB Port |
| Mechanics and Performance | | |
| Speed Range | .5 - 12 | .5 - 12 |
| Incline Levels | 0 - 15 | 0 - 15 |
| Running Belt Size | 20" x 56" | 20" x 60" |
| Roller Size | 2.5" tapered | 2.5" tapered |
| Deck | 1" Phenolic Deck with 8 Bumper Suspension | 1" Phenolic Deck with 8 Bumper Suspension |
| Drive Motor | 2.75 HP Continuous Duty DC Motor | 3.25 HP Continuous Duty DC Motor |
| Lift Motor | 800 lb. Max Lift Rating | 800 lb. Max Lift Rating |
| Maximum User Weight | 350 lbs | 350 lbs |
| Dimensions | 71" L x 34" W x 54" H | 75" L x 34" W x 54" H |
| Residential Warranty | | |
| Frame | Lifetime | Lifetime |
| Motor | Lifetime | Lifetime |
| Parts | 5 Years | 5 Years |
| Labor | 1 Year | 1 Year |

Limited Home Use Warranty

The LifeSpan TR3000i and TR4000i Folding Treadmills come with the following limited warranty, which applies only for the use of the Treadmill in the home, for residential, non-commercial purposes.

| | |
|---------|----------|
| Frame: | Lifetime |
| Motor: | Lifetime |
| Parts:* | 5 Years |
| Labor: | 1 Year |

* The USB Storage Device is not covered under the Parts Warranty

PCE Health and Fitness warrants that the equipment it manufactures is free from defects in material workmanship under normal use and service. The periods above are based on the date of purchase. During these periods, PCE Health and Fitness will repair or replace any defective part. Free labor is included for the first year on all parts that are not normally assembled or replaced by the customer. Customer may be responsible to pay for Service Technician travel time where travel in excess of 20 miles is required.

If within the time frames specified above, any part fails to operate properly, log on to our web site at www.lifespanfitness.com and click on Customer Support.

PCE Health and Fitness reserves the right to make changes and improvements to our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your LifeSpan product, only authorized parts can be used. The warranty is void if any parts other than those provided by PCE Health and Fitness are used.

Exclusions and Limitations:

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly or maintenance, accident, or an "act of god".
- This warranty does not apply to discoloration of paint or plastics.
- PCE Health and Fitness shall not be responsible for incidental or consequential damages.
- This warranty is nontransferable from the original owner.

Registration

You must register your LifeSpan product before a warranty claim can be processed. To complete your registration online go to www.lifespanfitness.com and Register Products or fill out the warranty card provided and mail it today. Registration cards must be completed and sent to PCE Fitness within 30 days of purchase to activate the Product Warranty. Product Warranties are not valid unless the card is properly completed and mailed within 30 days.

Important Safety Precautions

When using exercise equipment, basic precautions should always be followed, including:

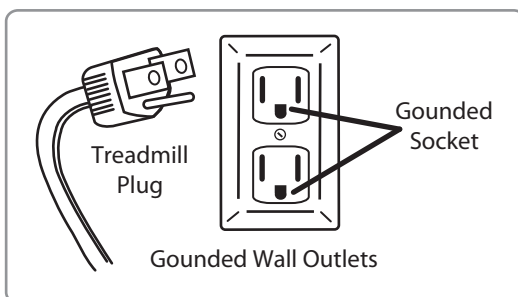
- Never drop or insert any object into any opening.
- Never operate this treadmill if it has been damaged or even partially submerged in water.
- To reduce the risk of electric shock, unplug the treadmill from the wall outlet when not in use, before performing any maintenance, or before moving the treadmill.
- Do not use outdoors.
- Do not lean against or climb on the treadmill. Doing so may result in the treadmill tipping and falling and could result in serious personal injury.
- Do not hang or place items on the treadmill. Doing so could result in shifting the weight balance of the treadmill causing it to tip over or fall causing serious personal injury.
- Do not operate with the side rails removed.
- Keep the treadmill on a solid surface, with the side rails and front a minimum of two feet from any walls or furniture. Make sure that the area behind the treadmill remains completely clear during use. A minimum of 4 feet of clearance is required for safety reasons.
- Do not operate where aerosol spray products are being used or where oxygen is being administered.
- Never place the power cord under carpeting or place any object on top of the cord, this may pinch or damage the cord causing fire damage or personal injury.
- Use this exercise product for its intended use as described in this Owner's Manual. Do not use attachments that are not recommended by PCE Heath and Fitness.
- Do not leave your treadmill running while not in use.

Children and Pets

- Keep children off your treadmill at all times.
- When in use children and pets should be kept at least 10 feet away.

Grounding Instructions

- Never use extension cords between the treadmill and the wall outlet.
- This product is for use on a nominal 120 volt circuit, and has a grounding plug similar to the illustration below. Never remove or otherwise bypass the electrical ground terminal.



Danger: Improper connection of the equipment grounding conductor can result in the risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit in the outlet, have the proper outlet installed by a qualified electrician.

Other Safety Tips

- Always consult a physician before beginning this or any exercise program.
- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothing or jewelry that might catch on any part of the treadmill.

This treadmill is equipped with a safety key. If the key is removed from the display, the treadmill will immediately stop. Always clip the cord that is attached to the safety key to a part of your clothing so the key will be pulled from the display, stopping the treadmill, in case of an emergency.

Being Healthy and Fit

How Much Should You Exercise

Congratulations again for making a commitment to improve your health and fitness with your LifeSpan Treadmill purchase. At LifeSpan we are committed to not only providing you with outstanding exercise equipment but we are also committed to providing you with the most current medically based exercise recommendations so you achieve great success in your exercise program. Our Director of Medical Programs has developed the following recommendations based on the most recent medical fitness research to provide you with guidelines that you may use to get started in your exercise program, achieve success and maintain your exercise program for the rest of your life! After all, the greatest gift you can give yourself is the "Gift of Health & Fitness!"

At the time of the publication of this Owners Manual new physical activity guidelines have just been announced in Washington D.C. This announcement marks the first time the federal government has released exercise recommendations for the public.

Choose your age category below, and find recommendations, research and tips from ACSM and AHA. Our LifeSpan team along with the American College of Sports Medicine (ACSM) and the American Heart Association (AHA) are proud to serve as a resource to help people understand the new guidelines and ultimately live healthier, more active and higher quality lives.

Guidelines for Healthy Adults Under Age 65

Basic recommendations from ACSM and AHA:

Do moderately intense cardio 30 minutes a day, five days a week

Or

Do vigorously intense cardio 20 minutes a day, 3 days a week

And

Do 8 to 10 strength training exercises, 8 to 12 repetitions each, twice a week.

Did You Know?

Moderate Intensity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

Guidelines for Adults Over Age 65
(or adults 50-64 with chronic conditions such as arthritis)

Basic Recommendations from ACSM and AHA

Do moderately intense aerobic exercise 30 minutes a day,
five days a week

Or

Do vigorously intense aerobic exercise 20 minutes a day, 3 days a week

And

Do 8-10 strength training exercises, 10-15 repetitions each,
2-3 times a week

And

If you are at risk of falling, perform balance exercises

And

Have a physical activity plan

Did You Know?

Older adults or adults with chronic conditions should develop an activity plan with a health professional to manage risks and take therapeutic needs into account. This will maximize the benefits of physical activity and ensure your safety.

Tips for Meeting the New Exercise Guidelines

With busy work schedules, family obligations, and packed weekends, it can often be difficult to get the recommended amount of physical activity. Try these tips for incorporating exercise into your life.

Do it in short bouts: Research shows that moderate-intensity physical activity can be accumulated throughout the day in 10-minute bouts, which can be just as effective as exercising for 30 minutes straight. This can be useful when trying to fit physical activity into a busy schedule.

Mix it up: Combinations of moderate and vigorous intensity physical activity can be used to meet the guidelines. For example, you can exercise at a moderate intensity on your Elliptical for 30 minutes twice per week and then two other days per week exercise at a higher intensity to provide your body with a constantly changing workout. Having ongoing changes in your workout will cause your body to receive a greater training response from your workouts, than if you simply did the same exercise every day for the exact same amount of time at the same intensity. Repetitive workouts will not cause an improvement in your overall fitness level because your body becomes accustomed to the workouts, and therefore your overall fitness level will no longer improve.

Set your schedule: Research has proven that most people prefer to exercise at home. Having a home based exercise program saves time, is more comfortable and allows you to do it at a time when it is most convenient for you. One of the main keys to a successful exercise program is to set aside specific days and time for exercise, making it just as much a regular part of your schedule as everything else.

Starting an Exercise Program

Starting an exercise program can sound like a daunting task, but just remember that your main goal is to boost your health by meeting the basic physical activity recommendations.

Before you begin an exercise program or substantially increase your level of activity, be sure to consult your primary care physician. In preparation for a visit you may also want to take the PAR-Q Assessment. This Physical Activity Readiness Questionnaire (PAR-Q) will help you determine your suitability for beginning an exercise program and prepare you for discussing your physical activity program with your physician.

1. Has your doctor ever said that you have a heart condition or that you should participate in physical activity only as recommended by a doctor?
2. Do you feel pain in your chest during physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness?
5. Do you ever lose consciousness?
6. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
7. Is your doctor currently prescribing drugs for your blood pressure or a heart condition?
8. Do you know of any reason you should not participate in physical activity?

If you answered yes to one or more of the questions, if you are over 40 years of age and have been inactive, or if you are concerned about your health, consult a physician before beginning an exercise program or substantially increasing your physical activity. If you answered no to each question, then it's likely you can begin an exercise program.

Pre-Exercise Resting Heart Rate Check

Before beginning your exercise program it is recommended that you check your resting heart rate. Your resting heart rate should be taken in a seated, relaxed position. Find your resting pulse and begin your count with "zero" on the first heart beat. Continue counting each time you feel your pulse until you have counted for a full 30 seconds. Next, double the number that you counted for 30 seconds and you now have your pre-exercise resting heart rate. Remember this number as we also recommend taking a post-exercise resting heart rate after you have completed your exercise program and you will want to remember your pre-exercise heart rate so you can compare the two heart rate measurements.

Heart Rate Training

You must train at a variety of different heart rates in order to stimulate your body to improve your fitness level. Your training heart rate zone is a critical element in exercise. Taking your pulse and figuring your heart rate during a workout is one of the primary indicators in determining the intensity level at which you and your heart is working.

As a general rule, you should exercise at an intensity between 50% -85 % of your heart rate reserve. Your individual level of fitness will ultimately determine where you fall within this range.

Use the following table as a guide for determining your **Exercise Intensity** level:

| | |
|-------------------------------------|------------|
| Beginner or low fitness level . . . | .40% - 60% |
| Average fitness level | 60% - 70% |
| High fitness level | 75% - 85% |

$220 - \text{Age} = \text{Maximum Heart Rate (MHR)}$

$\text{MHR} - \text{Your Resting Heart Rate} = \text{HRR (Heart Rate Reserve)}$

$\text{HRR} \times \text{Exercise Intensity} + \text{Your Resting Heart Rate} = \text{Your Training Heart Rate at the Calculated Intensity}$

For example, Elaine is 33 yrs old, has a resting heart rate of 75 and she is just beginning her exercise program (her intensity level will be 50% - 60%.) Elaine's training heart rate zone will be 131-142 beats per minute:

Elaine's Minimum Training Heart Rate is set at an intensity of 50%

$220 - 33 (\text{Age}) = 187$

$187 - 75 (\text{Rest. HR}) = 112$

$112 \times .50 (\text{Min. Intensity}) + 75 (\text{Rest. HR}) = 131 \text{ Beats/Minute} = \text{Elaine's Training Heartrate at 50\%}$

Elaine.s Maximum Training Heart Rate is set at an intensity of 60%

$220 - 33 (\text{Age}) = 187$

$187 - 75 (\text{Rest. HR}) = 112$

$112 \times .60 (\text{Max. Intensity}) + 75 (\text{Rest. HR}) = 142 \text{ Beats/Minute} = \text{Elaine's Training Heartrate at 60\%}$

Periodically, take your pulse during your exercise session to gauge your intensity level.

Visit LifeSpanfitness.com for tools on calculating your training heart rate and to learn more about the importance of heart rate training.

Heart Rate Training Zones

Beginning Zone

Zone 0 - Low Heart Rate Zone: 40% - 50% of your Max HR

Exercise Benefits: An ideal heart rate training zone if you are a beginning exerciser, or to use on Active Rest, easy or recovery training days.

Most Comfortable Zone

Zone 1 - Healthy Heart Zone: 50%- 60% of your Max HR

Exercise Benefits: Body fat decreases, blood pressure lowered, cholesterol lowered, muscle mass improvements, decreased risk for degenerative diseases, safety high.

Cruise Zone: You can train for extended periods of time in this zone

Zone 2 - Temperate Zone: 60% - 70% of your Max HR

Exercise Benefits: Gain muscle mass, lose fat mass, strengthen heart muscle, your muscles to burn fat, your fat cells to increase the rate of fat release. (75% - 85% of all calories from fat as fuel)

Transition Zone: moving from health zones to performance zones

Zone 3 - Aerobic Zone: 70% - 80% of your Max HR

Still feels comfortable, you will break a sweat, but no anaerobic burn sensation

Exercise Benefits: Improved overall functional capacity with increase in the number and size of blood vessels, increased vital capacity, respiratory rate, increase in size and strength of the heart.

Max Calorie Burn Zone

Zone 4 - Threshold Zone: 80% - 90% of your Max HR

Exercise Benefits: Max fat burn, but you must be fit enough to train with some oxygen present for additional fat burn. No fat burning if exercising above fat burning heart rate.

Peak Race Zone : Athlete Only Zone!

Zone 5 - Performance RedLine Zone: 90% - 100% of your Max HR

Exercise Benefits: Highest total calories burned, but lowest percentage of fat calories. This zone is ONLY for the VERY HEALTHY & FIT!!! Spending too much time in this zone, even for elite athletes can be painful, cause injuries and lead to overtraining, which leads to poor performance!

Warm-up and Cool Down

Regardless of your exercise program it's important that you always warm up before each workout and cool down at the end of the workout.

Warm-up: Be sure to always warm-up for at least 3 – 8 minutes or even longer if you are sore and stiff from a previous workout. A warm-up should consist of easy, rhythmic activities at a pace that you can very easily carry on a full conversation while exercising. You can use your elliptical trainer to warm up or other activities to provide variety. Involve both your upper and lower body when warming-up. As you complete your warm-up gradually increase your exercise intensity up to your ideal exercise intensity for your workout. By moving from your warm-up intensity slowly into your higher workout intensity you will significantly decrease your risk of injury in your workout.

Cool Down: Following your workout you should always save time to cool down. Once you have completed your core workout, slow down your intensity to the same intensity you used in your warm-up. Maintain that pace for at least 5 minutes, longer if again you are still sore from a previous activity. Be sure to continue your cool down until you feel completely recovered and find your resting heart rate to be within 10 beats of your pre-exercise resting heart rate within 5 minutes of ending your exercise. Remember if you are sore tomorrow from your workout today, you did not cool down sufficiently, or if your resting heart rate does not return to within 10 beats of your pre-exercise heart rate within 5 minutes of ending your workout, you either did too much in your workout that day, or you did too much in the days before this workout. Continue cooling down until you feel that your body is fully recovered and your resting heart rate is close to being within 10 beats of your pre-exercise resting heart rate. Be consistent with your cool down and pay attention to how your body feels. You will reduce your risk of injury, feel better following your workouts and be ready for your next workout session feeling refreshed and energized.

Your Motivation to Exercise

Understanding what motivates you to exercise is important for you to customize your exercise program and help you focus on meaningful goals in your exercise program. At LifeSpan our research indicates that people exercise with 1 of 4 primary objectives in mind. These are Weight Loss, Chronic Disease Management, Healthy Living and Sports Training. For more information visit the lifespan fitness web site at www.lifespanfitness.com

Weight Loss

If you're not at a healthy weight you're not alone. The good news is that exercise and proper nutrition can help you be successful in losing weight. The magic formula for weight loss is to burn more calories than you consume – simple to say, but difficult for many to implement.

Why Diets Don't Work

Numerous studies prove diets just don't work for a majority of people trying to lose weight. A "dieter" tends to deprive their body the food they need, creating a survival mode in which their body reduces the calories used and preserves them for later. Their body becomes used to operating on this restricted calorie level and lowers their metabolism, making it even more difficult to burn stored fat calories and lose weight.

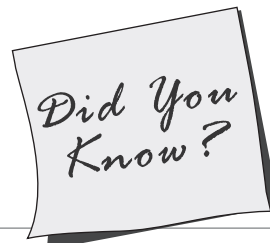
Instead of dieting, effective weight loss can be achieved by reducing caloric intake to reasonable levels without starving your body, and getting enough physical activity. Increased physical activity will also decrease your risk of dying from coronary heart disease and reduces the risk of developing other life threatening diseases such as diabetes, hypertension and cancer.

Healthy Lifestyle

Making the appropriate changes to your lifestyle is often critical to losing weight and keeping the weight off. Below are characteristics of adults who lost at least 30 pounds and have kept it off for at least 1 year. Most members of the National Weight Control Registry attribute their success to continuing to maintain a low calorie, low fat diet and doing high **levels of activity**.

Habits that help the successful...

- 78% eat breakfast everyday
- 75% weigh themselves at least once a week
- 62% watch less than 10 hours of TV per week
- 90% exercise at least one hour per day on average**



You have to burn 3,500 calories to lose one pound of fat.
For each pound of muscle you gain you will burn at least 100 more calories a day.
Varying your workout will help you lose more fat than if you simply walk 30 minutes at a steady pace.

Training Tips for Weight Loss

To achieve success in your weight loss exercise program focus on the following easy to follow guidelines:

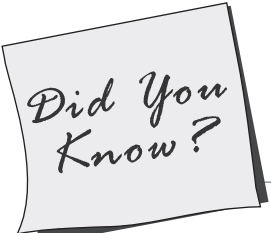
- **Enjoy Your Exercise** - Ease into your exercise program every day when you are a beginner so you enjoy your exercise as much as possible.
- **Know Your Exercise Target Heart Rate** - Ask your physician for your customized Target Heart Rate so you will know how hard or how easy to exercise on each of your workout days.
- **Give Yourself a Break** – If you're not feeling well one day or if you find yourself not looking forward to your exercise program anymore, it may be time to take a break.
- **Change Your Exercise Routine** - Exercise that will give you weight loss results needs to be constantly changing so your body doesn't become bored and reach a "fitness plateau".
- **Move as Much as Possible** - In addition to your regular exercise program, remember to move as much as possible each day of your life! Studies have shown that overall calorie burn is greatest achieved if you workout regularly using a variety of exercise programs.

Healthy Living

At LifeSpan we're here to help you live your best life. Whether you're a busy mom, an active volunteer, retiree, or a career professional, taking the proactive steps to maintain your good health and fitness is commendable. Using proven best practice techniques can help you get the most benefit out of your time exercising.

Dedicated to a Good Life

Living well and proactively taking care of your body is important. We value your lifestyle of eating healthy and exercising regularly. These factors will help you live a long and healthy life with less stress, better sleep and a lower risk of many chronic diseases. Reading the information provided in this section may add value to your exercise regiment.



Did You Know?

- The benefits of exercise are tremendous! You may know that when you exercise your brain releases mood-enhancing hormones called "endorphins". These "endorphins" may actually improve your body's insulin action, thereby reversing or decreasing insulin resistance, a condition that can lead to diabetes.
- The average individual has a resting heart rate between seventy and eighty beats per minute, whereas it is not uncommon for an Olympic cross country skier's pulse to be in the forties.
- For each pound of muscle you gain you will burn at least 100 more calories a day without even doing any exercise! A body that has more muscle has a higher metabolism than a body with less muscle.

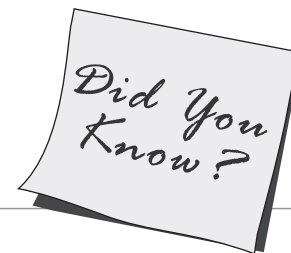
Disease Management

Preventing or managing a chronic disease is a matter of life for many adults and children alike. In fact the statistics are staggering.

- 21 million people, or 7% of the U.S. population, have diabetes, and over 54 million are pre-diabetic (American Diabetes Association)
- Heart Disease is the #1 killer of women – one in four women die from Heart Disease (American Heart Association)
- Over 40% of African Americans have high blood pressure
- Many research studies indicate that moderate exercise activity increases the level of HDL (good cholesterol)
- As many as 90,000 cancer deaths per year could be prevented if Americans could only maintain a normal, healthy body weight (American Cancer Society)

Exercise is the most forgotten prescription for everyone! In fact, exercise is the best prescription to manage many diseases and chronic conditions. Regular exercise has a positive effect on the general health of people fighting a specific or multiple diseases and/or chronic conditions, and can lessen the severity of emotional disorders by providing a sense of greater control over the disease, illness or injury.

Physicians frequently prescribe exercise in conjunction with prescription medicine. The downside of most doctor visits is that while you may be told to exercise, you may not be given any specifics about how to exercise. Your doctor may recommend you exercise for 30 minutes a day 3-5 days a week, but the discussion may end there, or you may have balance challenges that prevent you from beginning a traditional program. Discuss the type of exercise they recommend and ask for an exercise program that has been designed specifically for you.



- A single exercise session was proven to improve the function of blood vessels and blood lipid levels to a significant degree, and the benefits persisted the next day.
- Regular exercise helps keep arteries elastic, even in older people, resulting in blood flow and normal blood pressure. Sedentary people have a 35% greater risk of developing hypertension than athletes.
- Keeping blood glucose, blood pressure, and cholesterol in control can make a difference in reducing your risk for heart attack or stroke.
- Resting heart rate averages 60 to 80 beats per minute. Your resting heart rate typically decreases with age. In middle-aged, unconditioned, sedentary individuals the resting rate can exceed 100 beats per minute.

Sports Training

Here you'll learn how to maximize your training to achieve your sports performance goals based on the most current sports science research. As a training athlete it is vitally important to focus on a well-rounded, medically-based approach to your fitness and performance program.

Whether you're training for an upcoming 5K or half marathon, preparing for a 100 mile bike ride, or seeking to maintain your tennis or golf game, the information in this section can help you enhance your competitive edge whether you're competing against others or just yourself.

Five Tips to Enhance Your Training Program

The following tips will help you enhance your training program so that you will prevent over-training, maximize your training workouts, reduce your risk of injury, gain the greatest health benefits from your workouts and improve your overall sports performance to your greatest potential.

Tip #1 - Sleep and Your Resting Heart Rate. Try to get at least seven to eight hours of sleep every night. In addition, take your early morning resting heart rate as soon as you wake up. If your early morning heart rate increases by more than ten beats per minute over your previous morning heart rate readings, you may be over-training. Reduce the intensity and the duration of your workouts for a few days and if your heart rate doesn't drop to its slower rate then continue reducing the intensity and even the frequency of your workouts until you find your early morning heart rate back to its normal resting rate.

Did You Know?

- To speed up recovery after working out athletes should always do a 10-20 minute cool down at a progressively lower intensity to speed the removal of lactic acid from the working muscles and blood.
- As little as six grams of protein (more is not better) may accelerate protein synthesis in the muscles following exercise. Expensive protein powders and amino acid supplements are no more effective than normal foods (i.e., meat, fish, eggs) at providing the necessary amino acids.
- It is important to replace both water and electrolytes (especially sodium) during and following exercise to minimize dehydration, stabilize blood volume and avoid muscle cramps.
- Although there are exceptions, athletes generally require at least seven hours of sleep each night to perform at their best.

Tip #2 — A Balanced Training Program

Establish the foundation of your training in a program that is balanced between cardiovascular endurance development and speed development, strength and flexibility development, and agility development. Focus your daily workouts on the following format:

- Full Body Warm-up
- Full Body Stretching
- Agility Drills
- Your Sports Specific Workout
- Full Body Cool Down
- Full Body Stretching

Complete a full strength training session a minimum of three days per week, preferably every other day, to provide your body a full day to recover in between training sessions.

Tip #3 — Cross Training

Try to give your body a break by doing some "cross training" in your weekly workouts. If you are a runner, try cycling or swimming to give your legs and joints a break from the pounding of everyday running. Doing your workouts on exercise equipment that is slightly different than your usual training regimen is another great way of changing your routine to give your body a break and provide a different training stimulus to gain a greater performance benefit. In addition to cross training, give yourself one or two days off every week to allow your body to rest and recover, allowing for a fresh start to your next week's training.

Tip #4 — Mentally Prepare

Be sure to mentally prepare for your training and competition. Remember, your body will only perform as well as your mind thinks you can.

Tip #5 — Monitor Your Heart Rate

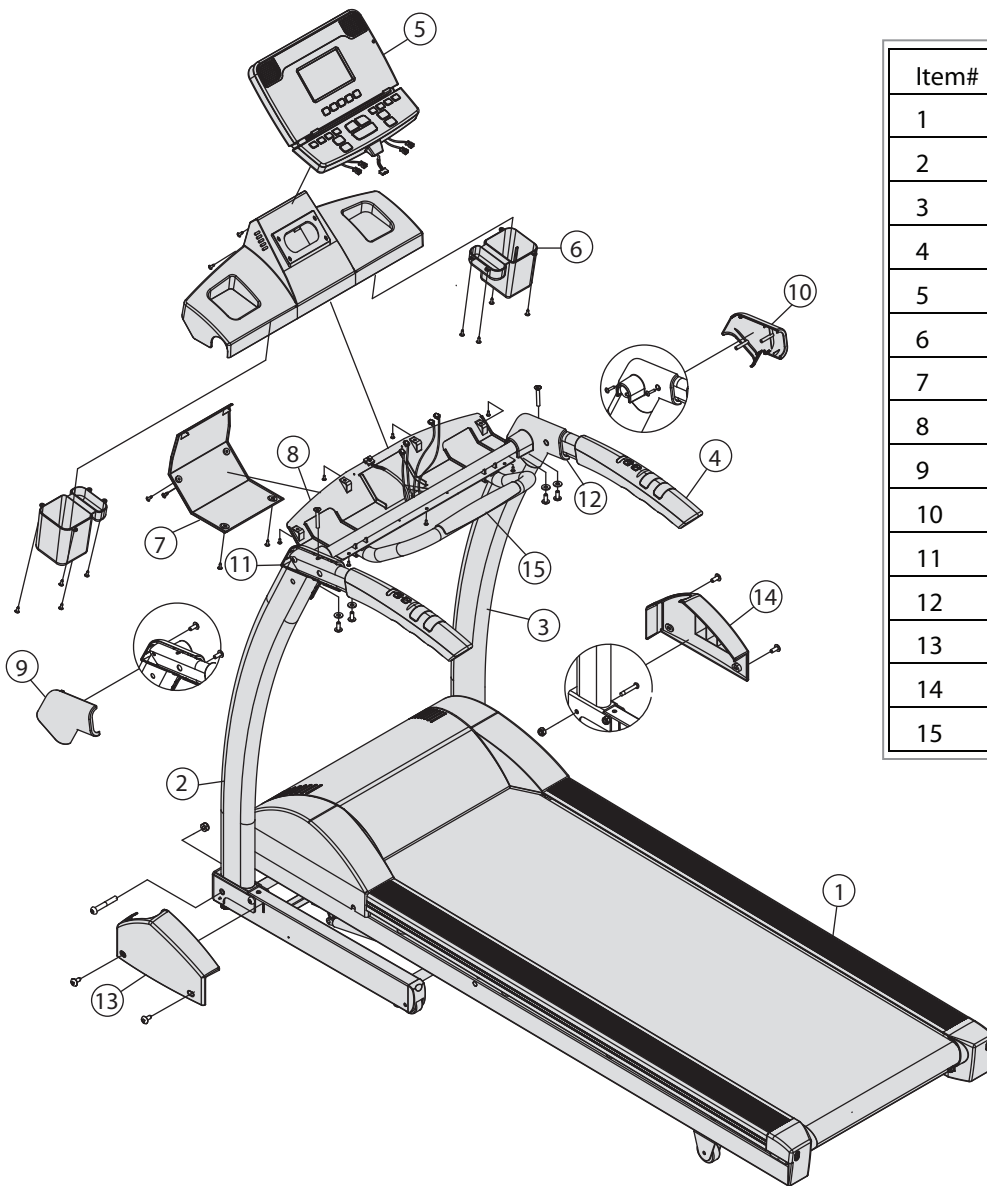
Consider monitoring your heart rate at least three or four days per week in your training. Exercising with a heart rate monitor can significantly improve the specificity of your training and allow you to gain greater aerobic and anaerobic development in your training without having to stop and manually take your heart rate.

Assembly

At LifeSpan we strive to make our equipment easy to assemble and start using. Parts that can be pre-assembled are always assembled and tested on the production line.

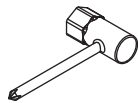
Prior to starting the assembly process take all of the parts out of the box, remove plastic bags and lay them out on the floor to become familiar with the components.

Since your treadmill is a heavy piece of equipment it is recommended that you use two people during assembly and follow these assembly instructions to reduce any problems that could occur.



| Item# | description |
|-------|----------------------------|
| 1 | Main Frame |
| 2 | Left handrail post |
| 3 | Right handrail post |
| 4 | Handrail |
| 5 | Console |
| 6 | Accessory Tray |
| 7 | Back cover |
| 8 | Console Bracket |
| 9 | Left handrail cover-outer |
| 10 | Right handrail cover-outer |
| 11 | Left handrail cover-inner |
| 12 | Right handrail cover-inner |
| 13 | Base cover-Left |
| 14 | Base cover-Right |
| 15 | Safety bar cover |

Wrench-13mm



Wrench-6mm



Wrench-5mm



Wrench-17mm



M8*70L (2pcs)



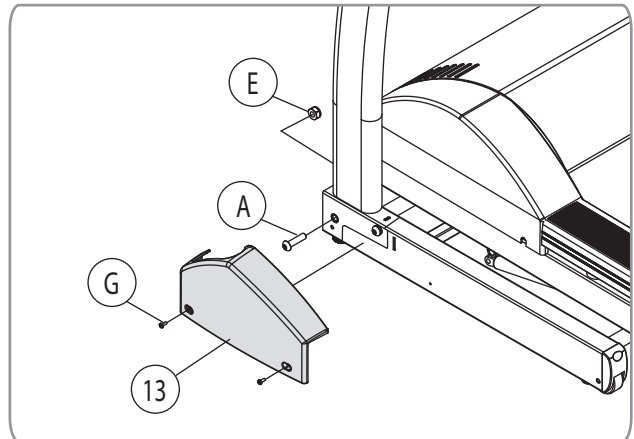
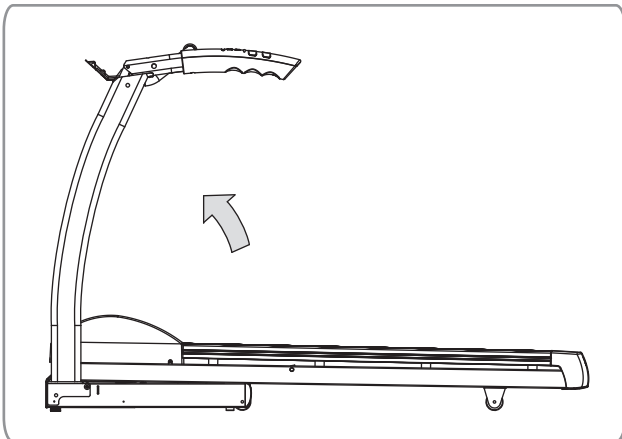
M4*10L (4pcs)



Tools and Screws included in Hardware Bag

Step 1: Handlebar Support Post Assembly

- A. Remove the screw (A) and nut (E) that are pre-assembled on the frame from each side of the base using the 6 mm Allen wrench and 17 mm open end wrench provided in your tool kit. These two screws will prevent the handlebars from rotating up into their upright position.
- B. Stand the support posts and handlebars up into their operating position and re-attach the screw (A) and nut (E) removed in step 1. Tighten securely.



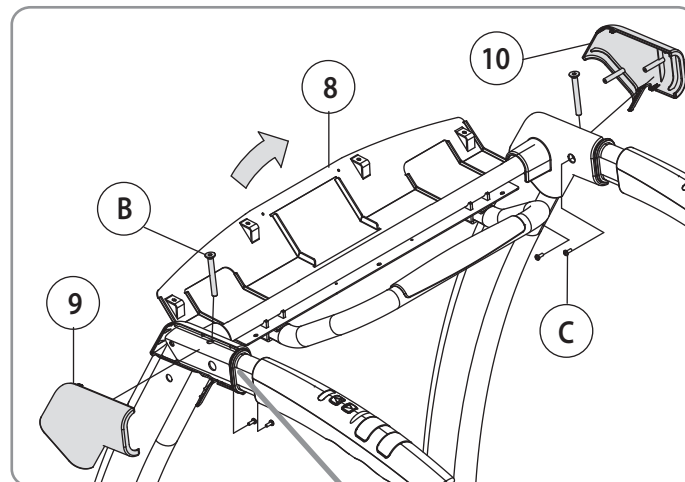
- C. Attach the left (13) and right (14) base covers using Phillips screwdriver and 2 machine screws on each side. The 4 base cover attaching screws are located in the hardware bag.

Step 2: Handlebar Assembly

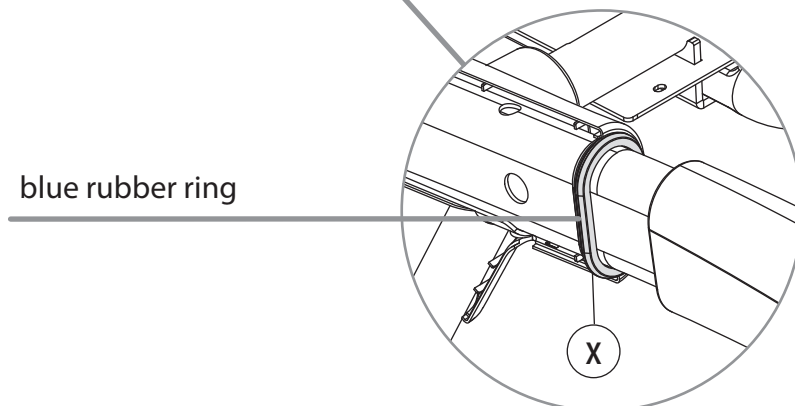
- A. Rotate the handlebars down so they are positioned on top of the handlebar posts. Secure the right and left handlebars to the support post using the 2 M8 x70L screws (B) provided in the hardware bag.

Note: Make sure that the wires on both sides are not pinched in-between the handlebars and the handlebar post.

- B. Rotate the console bracket (8) up in the back until it reaches its normal operating position. This will cause the console support tube to rotate in the frame.
- C. Place the left outside handlebar cover (9) next to the inside handlebar cover (pre-attached). Position the (pre-attached) blue rubber ring (X) to fit between these handlebar covers allowing the plastic ridge to sit in the groove of the blue rubber ring. Secure these three parts together using the self-tapping screws (C). Repeat this process on the other side with the right outside handlebar cover (10).

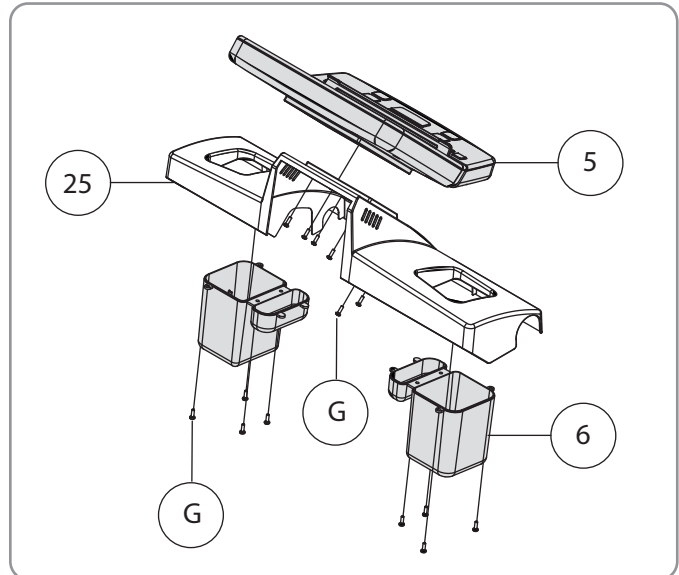


blue rubber ring



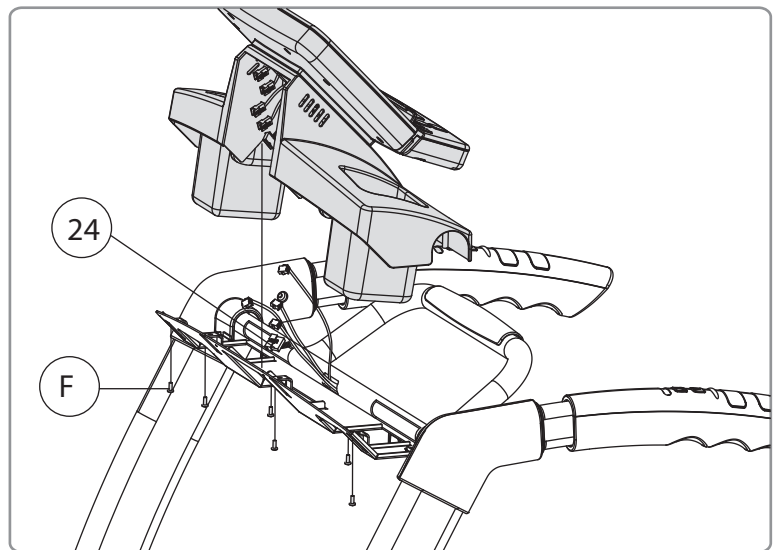
Step 3: Assemble Console Components

- A. Attach the blue accessory trays (6) to the bottom of the console housing using 8 self tapping screws (G).
- B. Attach the console (5) to the console housing using 6 screws (G). These screws are pre-installed on the back of the console and need to be removed first and then reinstalled with the console in place.



Step 4: Attach Console Assembly

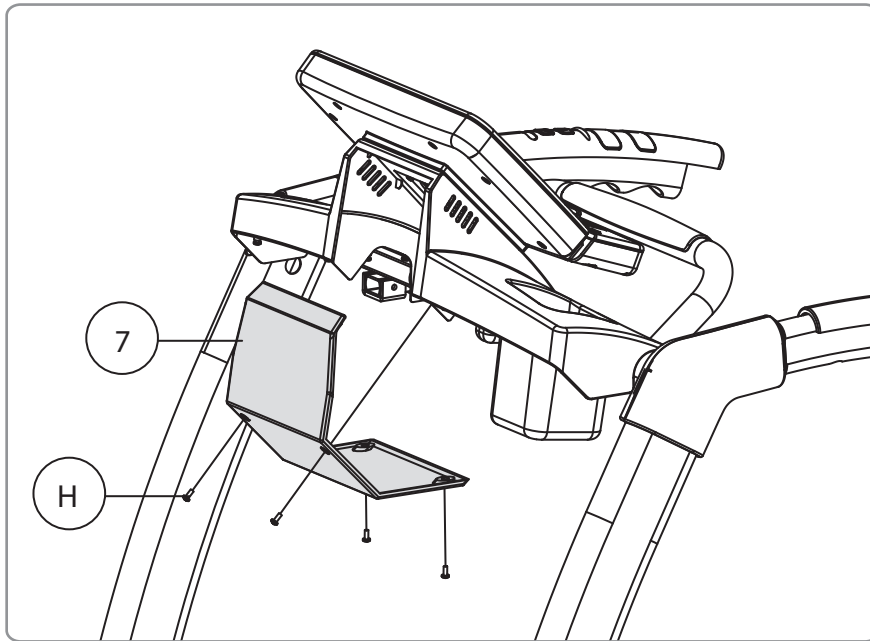
- A. Place the console assembly onto the console support bracket and attach the assembly using the 7 screws (F). Be sure not to pinch wire harnesses during this step.
- B. Connect all wire harnesses including:
 - i. Main Harness: 5-pin and 7-pin
 - ii. Hand Pulse harness: 2-pin
 - iii. Speed Control Harness: 3-pin (the wire colors need to be matched.)
 - iv. Incline Control Harness: 3-pin (the wire colors need to be matched)
- C. Tuck extra wiring harness into the opening behind the console.



Note: Be careful to properly connect all wiring connectors with their correct corresponding wiring harness. Pay attention not to bend any pins and make sure the connectors click in place.

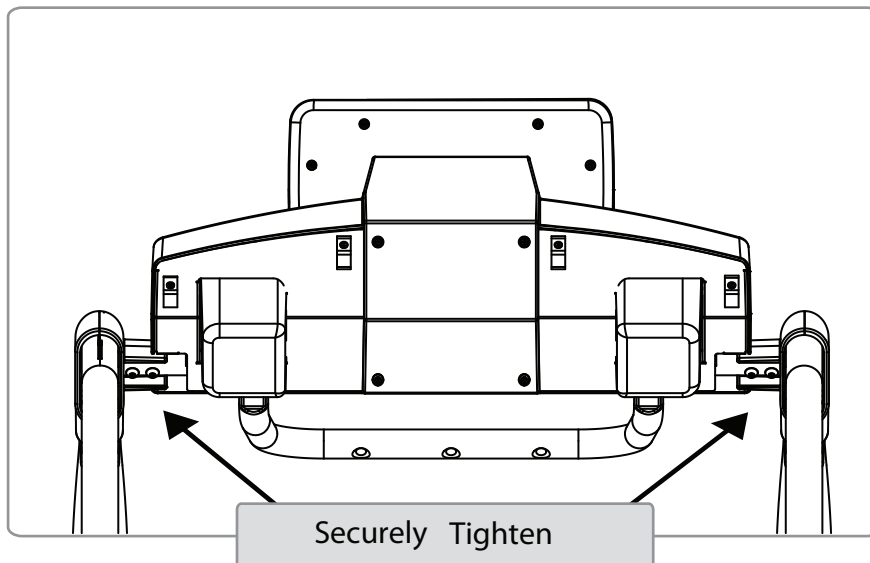
Step 5: Attach the Back Cover Plate

- A. Align the back console cover (7) over the back of the console and attach using the 4 screws (H). Note: Be sure to align the tabs at the top of the back cover so the plate fits flush to the back of the console assembly.



Step 6: Lock Console Angle

- A. Using the 5 mm Allen wrench tighten the 2 Allen head bolts located at each end of the console support tube as shown in the figure below.



Display Console

Console Buttons

The TR3000i and TR4000i come with our innovative Intelli-key feature that will prompt you through console operations by using intelligent lights on the buttons that automatically flash when they need to be pressed to continue operations.

Quickstart: Press the START button to begin a Manual workout without having to set any individual information.

When the program begins your workout time will start counting up from 00:00 and you can manually adjust the incline or speed as you exercise.

Pause: If you need to temporarily stop your workout, press the STOP button to PAUSE. To RESTART the workout, press the START button. After 5 minutes the console will reset.

Reset: To reset the console, press the STOP button for 3 seconds.

Enter: The ENTER button is used to Select each piece of information needed during program setup including Program, Workout Level, Workout Time, and Your Weight, which is used to more accurately calculate calories burned.

Arrows and Handlebar Control Buttons: The up and down buttons for speed and incline are used to modify the value of each selection during the program set up process and to adjust the speed or incline during use. If you are using a preset program you can use these buttons to adjust the profile of the program, making the program easier or more difficult to complete. For instance, in an incline program, your can raise the incline level across the entire program by pressing the incline up button.

Program Buttons: The TR3000i and TR4000i both have Program Group buttons. These are designed to help you easily add variety to your exercise program while staying consistent with your exercise goals. To quickly select a specific program that matches your workout objective use one of the program buttons. These 5 buttons group the programs into Heart Rate Training, Healthy Living, Sports Training, Weight Loss and Custom User Programs. Depending on which button you select, there are multiple programs in each. To look at the next program within each group just press the Program Group button again to scroll to the next option.

Quick Select Buttons: The TR3000i and TR4000i come with 4 quick select buttons for speed and 4 quick select buttons for incline. These buttons allow you to quickly jump directly to the desired speed or incline rather than requiring that you scroll to get to the value.



Display Console Overview

TR3000i / TR4000i



Alpha Numeric Window: The TR3000i and TR4000i come with a 16 character alpha window that is used to show the program name.

Workout Feedback: The TR3000i and TR4000i display window will simultaneously display the following workout information:

Time: The workout time elapsed or the workout time remaining

Incline: The level of belt incline ranging from 0-15

Speed: The speed you are traveling in Miles Per Hour (this reading can be changed to Kilometers by using the Engineering Mode)

Calories: Estimated calories burned since the beginning of the workout

Distance: Total distance traveled in miles or kilometers since the beginning of the workout

Step Count: If you participate in a daily or weekly step program you can use the Step Count window to follow the number of steps that you have taken in your workout. Remember that 10,000 steps per day is recommended by the Centers for Disease Control (CDC)

Pulse: Your measured heart rate using the hand pulse sensors located on the handlebars

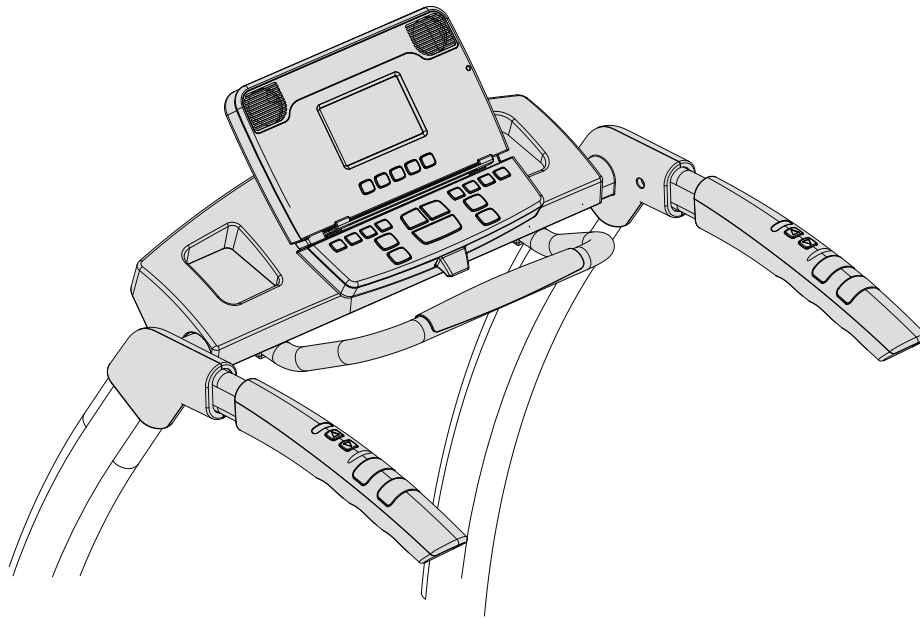
Misc. Display Information: The TR3000i and the TR4000i will also show the following information. This information will be used by the treadmill as part of the USB feature to save your workout information on the date and time of your workout, and also used to more accurately calculate calories.

Date: The date is presented as the year / month / day below the program matrix

Time: The time of day is shown in the bottom center window when the console is not in use.

Name/Sex/Height/Weight/Age: Used with your Interactive Health Partner Account. When you insert your LifeSpan USB storage device the console will read your name, sex, height, weight and age. Your name will appear in the alpha display at the top and your gender, height, weight and age will appear below the program matrix.

Reading Your Heart Rate



Contact Heart Rate Sensors are built into the stationary hand grips of the TR3000i and TR4000i to monitor your heart rate during exercise. To use, grasp the sensors with a comfortable grip, with the palms of your hands placed over the sensors. If the sensors are having difficulty picking up your heart rate you may consider using aloe or a moisturizer on your hands or you can warm up as you exercise to increase the moisture in your hands. Dry hands do not transfer your pulse as effectively as moist hands.

Do not squeeze tightly as this can cause your blood pressure to rise. It will take a few seconds for the console to calculate your heart rate accurately.

In addition to the contact heart rate sensors, both the TR3000i and the TR4000i have a built-in receiver for the use of a wireless chest strap. The TR4000i includes a chest strap. To purchase a chest strap for the TR3000i go to www.lifespanfitness.com

Special Features

Audio Package: Included are audio in and audio out jacks to use with MP3 players or other audio devices with standard input jacks and also an output jack to use headphones.

USB Port: The TR3000i and TR4000i includes a USB port that works with the Interactive Health Partner online health management system. Simply insert your LifeSpan USB storage device into the console, after loading your profile from the IHP system onto the storage device. The USB will read your personal information and then save your workout data every 20 seconds onto storage device. Information saved includes your heart rate, workout start time and finish time, distance travelled, calories burned, steps taken and watts. This information can then be uploaded into your account, summarized over time and used to compare your results with the goals you set in your personal IHP account.

Remember that to use the My Zone Heart Rate Control Programs you will need to use a chest strap or keep your hands on the sensors.

The advance console used on the TR3000i and TR4000i includes programs grouped into each of the following 5 areas: Sports Training, Healthy Living, Weight Management, Heart Rate Control and User Defined Programs. For each of these program groups you can choose to run this program as a Speed Control program or an Incline Control program. After selecting the program, if you select Speed Control then the speed will change throughout the workout following the profile of that specific program. If you choose Incline after selecting the program, the incline will change throughout the workout following the profile of that specific program. This is true for all program types except for the Custom User Programs which allow you to preselect both the Speed and Incline of the program.

Sports Training

Long Slow Distance: (40 minute default)

Long Slow Distance is a great workout for everyone! Beginners can ease into their exercise program with this workout, being sure to do this workout at least a minimum of once a week to maximize overall cardiovascular endurance development. Long Slow Distance workouts are also great for experienced exercisers to do on days following a harder, higher intensity workout.



Incline

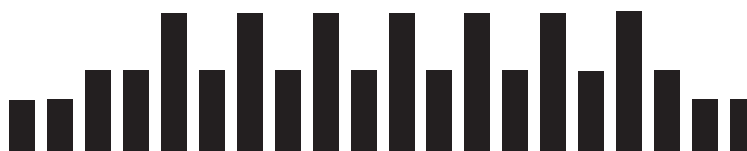
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| L1 | 1 | 1 | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 2 | 1 | 1 |
| L2 | 1 | 1 | 3 | 3 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 3 | 3 | 1 | 1 |
| L3 | 1 | 1 | 4 | 4 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 4 | 4 | 1 | 1 |

Speed

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|----|
| L1 | 1 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 1 | 1 |
| L2 | 2 | 2 | 3 | 3 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 3 | 3 | 2 | 2 |
| L3 | 3 | 3 | 3.5 | 3.5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 3.5 | 3.5 | 3 | 3 |

Short Interval: (20 minute default)

Short Intervals are ideal for beginning exercisers that want to start gaining the benefits of interval workouts but aren't quite ready for a harder and longer intensity interval workout. Short Intervals are also ideal for experienced exercisers to develop their speed and anaerobic fitness. Short Interval workouts are fun to do after you have had a few days exercising for a longer duration at a slower pace. Remember, it is important to vary your exercise intensity and exercise durations to maximize your overall fitness development so be sure to include some interval workouts in your exercise program at least once or twice a week.



Incline

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| L1 | 1 | 1 | 2 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 1 | 1 |
| L2 | 2 | 2 | 3 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 2 | 2 |
| L3 | 2 | 2 | 3 | 3 | 6 | 3 | 6 | 3 | 6 | 3 | 6 | 3 | 6 | 3 | 6 | 3 | 6 | 3 | 2 | 2 |

Speed

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|-----|---|-----|---|-----|----|-----|----|-----|----|-----|----|-----|----|----|----|
| L1 | 1 | 1 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 1 | 1 |
| L2 | 2 | 2 | 3 | 3 | 4.5 | 2 | 4.5 | 2 | 4.5 | 2 | 4.5 | 2 | 4.5 | 2 | 4.5 | 2 | 4.5 | 3 | 2 | 2 |
| L3 | 3 | 3 | 4 | 4 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 4 | 3 | 3 |

Program Overview

Moderate Interval: (30 minute default)

As you begin to exercise on a regular basis and feel your fitness improving you will be ready to begin doing "Moderate Intensity Interval" workouts. You should begin with an intensity that is easy and then progress to an exercise intensity that is challenging but not too difficult. Remember in this workout you alternate between an easy recovery interval followed by a higher intensity interval. You should feel comfortable to push yourself as you do this workout as you are never too far away from an easier recovery interval. This workout will improve your overall aerobic endurance while also maximizing your anaerobic fitness development.



Incline

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| L1 | 1 | 1 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 1 | 1 |
| L2 | 3 | 3 | 4 | 4 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 4 | 3 | 3 |
| L3 | 3 | 3 | 4 | 4 | 6 | 4 | 6 | 4 | 6 | 4 | 6 | 4 | 6 | 4 | 6 | 4 | 6 | 5 | 4 | 4 |

Speed

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| L1 | 2 | 2 | 3 | 3 | 3.5 | 2 | 3.5 | 2 | 3.5 | 2 | 3.5 | 4.5 | 3 | 4.5 | 3 | 4.5 | 3.5 | 3 | 3 | 2 |
| L2 | 3 | 3 | 3.7 | 3.7 | 4.5 | 3 | 4.5 | 3 | 4.5 | 3 | 4.5 | 3 | 4.5 | 3 | 4.5 | 3 | 3.7 | 3.7 | 3 | 3 |
| L3 | 3.7 | 3.7 | 5 | 5 | 6 | 4.5 | 6 | 4.5 | 6 | 4.5 | 6 | 4.5 | 6 | 4.5 | 6 | 4.5 | 6 | 5 | 3.7 | 3.7 |

Long Interval: (40 minute default)

Long Interval workouts are great to maximize calorie burn and improve your anaerobic fitness, your ability to exercise harder, at a higher intensity level. As in the Moderate Interval workouts, remember you have a recovery period after each higher intensity interval so you can comfortably push yourself to exercise at a progressively higher level.



Incline

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| L1 | 1 | 1 | 2 | 2 | 3 | 3 | 1 | 3 | 3 | 1 | 3 | 3 | 1 | 3 | 3 | 1 | 3 | 3 | 2 | 1 |
| L2 | 2 | 2 | 3 | 3 | 4 | 4 | 2 | 4 | 4 | 2 | 4 | 4 | 2 | 4 | 4 | 2 | 4 | 4 | 3 | 2 |
| L3 | 3 | 3 | 4 | 4 | 5 | 5 | 2 | 5 | 5 | 2 | 5 | 5 | 2 | 5 | 5 | 2 | 5 | 5 | 4 | 3 |

Speed

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|-----|-----|---|---|-----|-----|----|----|-----|-----|----|----|----|----|----|----|
| L1 | 1 | 1 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 1 |
| L2 | 2 | 2 | 3 | 3 | 4.5 | 4.5 | 2 | 2 | 4.5 | 4.5 | 2 | 2 | 4.5 | 4.5 | 2 | 2 | 3 | 3 | 2 | 2 |
| L3 | 3 | 3 | 4 | 4 | 5 | 5 | 3 | 3 | 5 | 5 | 3 | 3 | 5 | 5 | 3 | 3 | 4 | 4 | 3 | 3 |

Program Overview

Negative Interval-1: (30 minute default)

The Negative Interval 1 workout will provide you with all the benefits of the steady pace workout but push you to slowly obtain a progressively higher steady state exercise intensity and then allow you to slowly decrease the exercise intensity. As you improve your overall health and fitness you can slowly and of course always comfortably push yourself to a higher peak in your overall exercise intensity in this workout. .



Incline

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| L1 | 2 | 3 | 3 | 4 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 5 | 5 | 5 | 4 | 4 | 4 | 3 | 3 | 2 |
| L2 | 1 | 2 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 5 | 5 | 4 | 4 | 4 | 3 | 3 | 2 | 2 | 2 | 1 |
| L3 | 1 | 1 | 1 | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 2 | 2 | 2 | 1 | 1 | 1 |

Speed

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|-----|-----|-----|-----|---|---|-----|----|----|-----|----|----|-----|-----|-----|-----|----|----|
| L1 | 1 | 1 | 1.5 | 2 | 2 | 2.5 | 3 | 3 | 3.5 | 4 | 4 | 3.5 | 3 | 3 | 2.5 | 2 | 2 | 1.5 | 1 | 1 |
| L2 | 2 | 2 | 2.5 | 3 | 3 | 3.5 | 4 | 4 | 4.5 | 5 | 5 | 4.5 | 4 | 4 | 3.5 | 3 | 3 | 2.5 | 2 | 2 |
| L3 | 3 | 3 | 3.5 | 3.7 | 3.7 | 4.5 | 5 | 5 | 5.5 | 6 | 6 | 5.5 | 5 | 5 | 4.5 | 3.7 | 3.7 | 3.5 | 3 | 3 |

Negative Interval-2: (30 minute default)

The Negative Interval 2 workout has been designed to provide your body with a workout that begins with a slight increase in exercise intensity, then continues the workout at a set intensity, and ends with a progressive decrease in exercise intensity. A workout with an increase and decrease in exercise intensity at the beginning and end of the workout will most ideally develop your overall aerobic cardiovascular endurance. A workout that decreases in intensity is also ideal for maximizing calorie burn, but most ideally when done for a longer duration, such as 40 or 50 minutes.



Incline

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| L1 | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 4 | 5 | 5 | 4 | 4 | 4 | 3 | 3 | 3 | 2 | 2 | 2 |
| L2 | 2 | 2 | 3 | 4 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 5 | 5 | 5 | 4 | 4 | 4 | 3 | 2 | 2 |
| L3 | 3 | 3 | 4 | 5 | 5 | 5 | 6 | 6 | 6 | 7 | 7 | 6 | 6 | 6 | 5 | 5 | 5 | 4 | 3 | 3 |

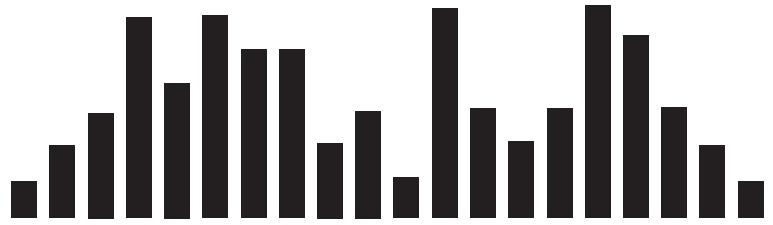
Speed

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|-----|-----|-----|-----|-----|-----|-----|-----|----|----|----|-----|-----|-----|-----|-----|-----|-----|----|
| L1 | 1 | 1.5 | 2 | 2 | 2.5 | 3 | 3 | 3 | 3.5 | 4 | 4 | 4 | 3.5 | 3 | 3 | 2.5 | 2 | 2 | 1.5 | 1 |
| L2 | 2 | 2.5 | 3 | 3 | 3.5 | 4.5 | 4.5 | 4.5 | 4.7 | 5 | 5 | 5 | 4.7 | 4.5 | 4.5 | 3.5 | 3 | 3 | 2.5 | 2 |
| L3 | 3 | 3.5 | 4.5 | 4.5 | 4.7 | 5 | 5 | 5 | 5.5 | 6 | 6 | 6 | 5.5 | 5 | 5 | 4.7 | 4.5 | 4.5 | 3.5 | 3 |

Program Overview

Fartlek: (30 minute default)

Varying your exercise intensity with a constantly changing interval workout that starts out at an easy pace and then increases to a moderate or higher intensity pace will



add some great variety into your workouts, make your workouts go by faster than you ever imagined while providing your body and mind with great fitness benefits. Constantly varying intensities in a workout have been found in brain research to have great benefits on improving overall brain fitness. Increasing your exercise intensity at constantly changing intervals and then dropping that intensity to just a slightly lower level, and then returning to the higher level has great anaerobic cardiovascular fitness development on the body.

Incline

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| L1 | 1 | 2 | 3 | 4 | 2 | 3 | 4 | 4 | 2 | 1 | 3 | 1 | 4 | 3 | 2 | 1 | 3 | 2 | 1 | 1 |
| L2 | 1 | 2 | 3 | 6 | 4 | 6 | 5 | 5 | 2 | 3 | 1 | 6 | 3 | 2 | 3 | 6 | 5 | 3 | 2 | 1 |
| L3 | 2 | 4 | 2 | 6 | 3 | 6 | 4 | 4 | 5 | 2 | 6 | 3 | 6 | 2 | 6 | 2 | 5 | 4 | 6 | 1 |

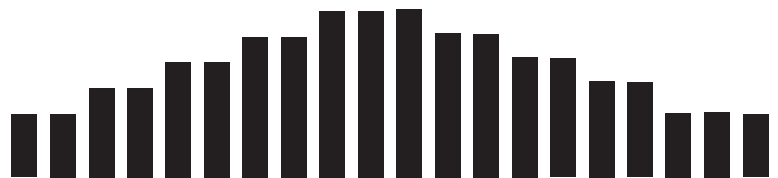
Speed

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|-----|-----|-----|-----|-----|-----|-----|-----|----|
| L1 | 1 | 1.5 | 2.5 | 2.7 | 2.5 | 3 | 2.7 | 4.5 | 2.5 | 1.5 | 3 | 1.5 | 4.5 | 3.5 | 2.7 | 1.5 | 3 | 2.5 | 1.5 | 1 |
| L2 | 1 | 2.5 | 3.5 | 5 | 2.5 | 5 | 2.2 | 2 | 3 | 4.5 | 5 | 5 | 3.5 | 2 | 4 | 4.5 | 5 | 3.5 | 3 | 2 |
| L3 | 2 | 2 | 2.5 | 4.7 | 4 | 4.5 | 6 | 4.5 | 6 | 5.5 | 6 | 4.5 | 4.7 | 4 | 3.5 | 3 | 3.5 | 5 | 2.5 | 2 |

Healthy Living

Uphill Climb: (30 minute default)

Gradually increase the intensity of your exercise with this fun Uphill Climb workout. The goal of the Uphill Climb workout is to stimulate your body to improve your overall cardiovascular fitness, while also maximizing muscle cell development in working muscles.



The LifeSpan Uphill Climb workout has been designed to start out at a very slow and gradually increase to a peak intensity then gradually decrease in intensity back down. You will maximize calorie burn during the peak levels of this workout while allowing your body to exercise longer and still benefit from the higher intensity as you slow down towards the end and return to your starting level.

Incline

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| L1 | 1 | 1 | 2 | 2 | 3 | 3 | 4 | 4 | 5 | 5 | 5 | 4 | 4 | 3 | 3 | 2 | 2 | 1 | 1 | 1 |
| L2 | 2 | 2 | 3 | 3 | 4 | 4 | 5 | 5 | 6 | 6 | 6 | 5 | 5 | 4 | 4 | 3 | 3 | 2 | 2 | 2 |
| L3 | 1 | 3 | 4 | 4 | 5 | 5 | 6 | 6 | 7 | 7 | 7 | 6 | 6 | 5 | 5 | 4 | 4 | 3 | 3 | 2 |

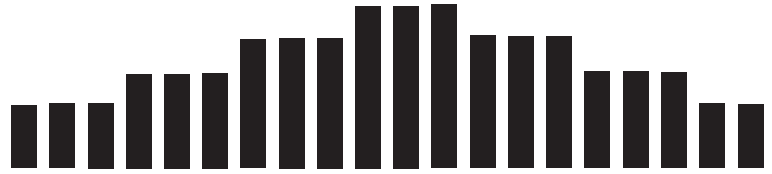
Speed

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|-----|---|-----|---|-----|---|-----|-----|-----|-----|-----|----|-----|----|-----|----|-----|----|----|
| L1 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 | 5 | 5 | 4.5 | 4 | 3.5 | 3 | 2.5 | 2 | 1.5 | 1 | 1 |
| L2 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 | 5.5 | 6 | 6 | 6 | 5.5 | 5 | 4.5 | 4 | 3.5 | 3 | 2.5 | 2 | 2 |
| L3 | 3 | 3.5 | 4 | 4.5 | 5 | 5.5 | 6 | 6 | 6.5 | 6.5 | 6.5 | 6 | 6 | 5.5 | 5 | 4.5 | 4 | 3.5 | 3 | 2 |

Program Overview

Pyramid Climb: (30 minute default)

Gradual increases in intensity during your workouts are ideal to stimulate your body to improve overall cardiovascular fitness, while also maximizing muscle cell development in working muscles.



The Pyramid Climb workout has been designed to start out at a very slow, comfortable pace and gradually increase to a peak intensity then gradually decrease in intensity back down to your starting level. You will maximize overall calorie burn during the peak intensity levels of this workout while allowing your body to exercise for a longer duration and still benefit from the higher intensity workout as you gradually slow down in this workout and return to your starting level.

Incline

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| L1 | 1 | 1 | 1 | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 2 | 2 | 2 | 1 | 1 |
| L2 | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 3 | 3 | 3 | 2 | 2 |
| L3 | 3 | 3 | 3 | 4 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 6 | 5 | 5 | 5 | 4 | 4 | 4 | 3 | 3 |

Speed

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|-----|---|---|-----|---|---|-----|----|----|----|-----|----|----|-----|----|----|-----|----|
| L1 | 1 | 1 | 1.5 | 2 | 2 | 2.5 | 3 | 3 | 3.5 | 4 | 4 | 4 | 3.5 | 3 | 3 | 2.5 | 2 | 2 | 1.5 | 1 |
| L2 | 2 | 2 | 2.5 | 3 | 3 | 3.5 | 4 | 4 | 4.5 | 5 | 5 | 5 | 4.5 | 4 | 4 | 3.5 | 3 | 3 | 2.5 | 2 |
| L3 | 2 | 3 | 3.5 | 4 | 4 | 4.5 | 5 | 5 | 5.5 | 6 | 6 | 6 | 5.5 | 5 | 5 | 4.5 | 4 | 4 | 3.5 | 2 |

Plateau Climb: (40 minute default)

A Plateau Climb workout will provide you with all the benefits of the other steady state workouts, but push you to maintain a higher steady state intensity exercise level.



As you improve your overall health and fitness you can slowly and of course always comfortably push yourself to higher overall exercise intensity for longer periods of time. Remember, if you simply get on your treadmill and go at the same pace, for the same amount of time every day when you workout, your body will only improve to the level of the workouts you are currently pushing yourself to do. In order to improve your overall health and fitness, you need to always "change" your workouts so you don't do the same workout within one week, while at the same time slowly increase your overall exercise intensity while also increasing your overall exercise time.

Incline

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| L1 | 1 | 1 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 1 | 1 |
| L2 | 1 | 1 | 2 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 1 | 1 |
| L3 | 2 | 2 | 3 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 3 | 2 | 2 | 1 | 1 |

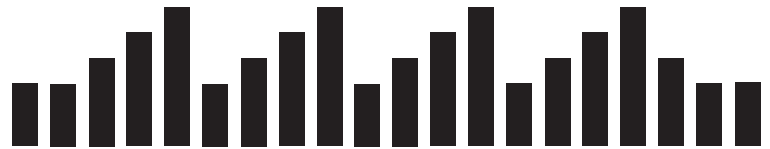
Speed

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|-----|-----|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|-----|-----|
| L1 | 1 | 1.5 | 2 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2 | 1.5 | 1 |
| L2 | 1.5 | 1.5 | 2 | 2.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 2.5 | 2 | 1.5 | 1.5 |
| L3 | 2 | 2 | 3 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 3 | 2 | 2 |

Program Overview

Ladder : (30 minute default)

One of the greatest benefits of exercise are the direct benefits exercise has on the heart and cardiovascular system.



The Heart Health Ladder has been specifically designed to provide your heart and cardiovascular system with a series of progressively harder exercise intensity's that will improve your overall aerobic endurance, while also stimulating your anaerobic endurance. Remember as you go through this workout that it may be challenging for a few minutes, but each progression has been carefully timed to also provide recovery intervals after the highest intensity interval, so you can feel good as you exercise and comfortably push yourself to improve your cardiovascular fitness.

Incline

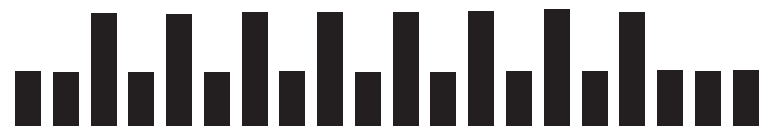
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| L1 | 1 | 1 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 3 | 2 | 1 |
| L2 | 2 | 2 | 3 | 4 | 5 | 3 | 4 | 5 | 3 | 4 | 5 | 3 | 4 | 5 | 3 | 4 | 5 | 4 | 3 | 2 |
| L3 | 2 | 3 | 4 | 5 | 6 | 4 | 5 | 6 | 4 | 5 | 6 | 4 | 5 | 6 | 4 | 5 | 6 | 5 | 4 | 3 |

Speed

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|-----|---|-----|---|-----|---|---|-----|----|----|-----|----|----|-----|----|----|-----|----|----|
| L1 | 1 | 1.5 | 2 | 3 | 4 | 2.5 | 3 | 4 | 2.5 | 3 | 4 | 2.5 | 3 | 4 | 2.5 | 3 | 4 | 3.5 | 2 | 1 |
| L2 | 2 | 2.5 | 3 | 3.5 | 5 | 3.5 | 4 | 5 | 3.5 | 4 | 5 | 3.5 | 4 | 5 | 3.5 | 4 | 5 | 3.5 | 3 | 2 |
| L3 | 2 | 3 | 4 | 5 | 6 | 4 | 5 | 6 | 4 | 5 | 6 | 4 | 5 | 6 | 4 | 5 | 6 | 5 | 4 | 3 |

Uphill Interval : (20 minute default)

Uphill interval workouts are unique in that they provide your body with the benefits of an interval workout, with the added benefit of



gradually increasing the overall intensity of the maximum level intervals throughout the workout. In this workout you should begin at a level that is comfortable, and then you will gradually increase the intensity during each maximum interval, pushing yourself to a slightly higher intensity each time knowing that you have a recovery interval as soon as you complete the maximum intensity interval. During this workout you will also maximize overall calorie burn during each of your higher intensity intervals, while at the same time working on improving your overall anaerobic fitness.

Incline

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| L1 | 1 | 1 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 1 |
| L2 | 2 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 2 | 2 |
| L3 | 2 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 3 | 2 |

Speed

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|-----|---|-----|---|-----|---|-----|----|-----|----|-----|----|-----|----|-----|----|----|----|
| L1 | 1 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 1 |
| L2 | 2 | 2 | 4.5 | 2 | 4.5 | 2 | 4.5 | 2 | 4.5 | 2 | 4.5 | 2 | 4.5 | 2 | 4.5 | 2 | 4.5 | 2 | 2 | 2 |
| L3 | 2 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 3 | 3 |

Steady Pace: (40 minute default)

Improve your fitness while also stimulating your body to burn more fat with this workout.



Steady Pace workouts are great for helping you establish an improved overall endurance base.

Most “Steady Pace” workouts focus on maintaining one set workload level throughout the entire workout. As you begin the Steady Pace workout your intensity level will start out at a very slow pace, then increase to a moderate pace for the duration of your workout. Your goal is to be sure you are exercising within a low moderate intensity to a high moderate intensity during the workout.

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
|----------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|--|
| Incline | | | | | | | | | | | | | | | | | | | | | |
| L1 | 1 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 1 | |
| L2 | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 2 | |
| L3 | 2 | 3 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 3 | 2 | |

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
|--------------|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|--|
| Speed | | | | | | | | | | | | | | | | | | | | | |
| L1 | 2 | 2.5 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2.5 | 2 | |
| L2 | 3 | 3.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 3.5 | 3 | |
| L3 | 2 | 3.5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 3.5 | 2 | |

Long Slow Distance: (40 minute default)

Long Slow Distance is a great workout for everyone! Beginners can ease into their



exercise program with this workout, being sure to do this workout at least a minimum of once a week to maximize cardiovascular endurance development. This is also great for experienced exercisers to do on days following a harder, higher intensity workout.

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
|----------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|--|
| Incline | | | | | | | | | | | | | | | | | | | | | |
| L1 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | |
| L2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | |
| L3 | 2 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | |

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
|--------------|---|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|----|--|
| Speed | | | | | | | | | | | | | | | | | | | | | |
| L1 | 1 | 1 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 1 | 1 | |
| L2 | 2 | 2 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 2 | 2 | |
| L3 | 2 | 3 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 3 | 2 | |

Cardio Run: (20 minute default)

Cardio Run is a steady pace workout but at a higher intensity than the “Long Slow Distance” workout. Cardio Run is a more intermediate or advanced workout,



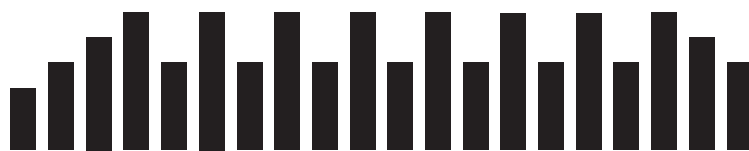
designed to motivate you to achieve a more challenging steady pace and maintain that pace for the full duration of the workout. Cardio Run is a great workout if you are training for a special event.

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
|----------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|--|
| Incline | | | | | | | | | | | | | | | | | | | | | |
| L1 | 1 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 1 | |
| L2 | 2 | 2 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 2 | 2 | |
| L3 | 3 | 4 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 4 | 3 | |

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
|--------------|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|
| Speed | | | | | | | | | | | | | | | | | | | | | |
| L1 | 1 | 1.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 2.5 | 1.5 | |
| L2 | 2 | 2.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 4.5 | 3.5 | 2.5 | |
| L3 | 3 | 4.5 | 5.5 | 5.5 | 5.5 | 5.5 | 5.5 | 5.5 | 5.5 | 5.5 | 5.5 | 5.5 | 5.5 | 5.5 | 5.5 | 5.5 | 5.5 | 3.5 | 2.5 | 1.5 | |

Short Interval: (20 minute default)

Short Interval workouts have been found in research studies to be ideal for those striving to increase their weight loss, and improve their overall cardiovascular fitness. Varying your exercise intensity during a workout from a moderately slow level to a high intensity for a set period of time and repeating that progression for a complete workout will maximize the total number of calories burned during a workout. A second benefit is the individual will not be forced to maintain a high intensity exercise level throughout the entire workout. The short interval recovery periods allows the body to more successfully exercise at a higher intensity than might otherwise be comfortable for the individual for a complete workout duration.



Incline

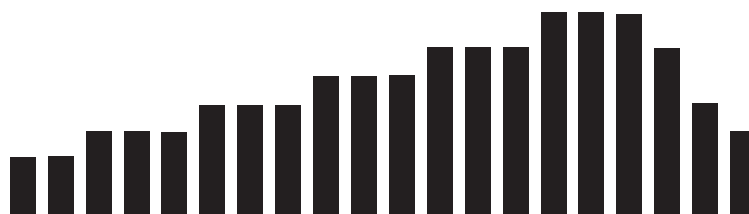
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| L1 | 1 | 2 | 3 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 3 | 2 |
| L2 | 2 | 3 | 4 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 4 | 3 |
| L3 | 2 | 3 | 5 | 6 | 4 | 6 | 4 | 6 | 4 | 6 | 4 | 6 | 4 | 6 | 4 | 6 | 4 | 6 | 5 | 3 |

Speed

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|-----|---|-----|---|-----|---|-----|----|-----|----|-----|----|-----|----|-----|----|-----|----|
| L1 | 1 | 2 | 3.5 | 3 | 2.5 | 3 | 2.5 | 3 | 2.5 | 3 | 2.5 | 3 | 2.5 | 3 | 2.5 | 3 | 2.5 | 3 | 3.5 | 2 |
| L2 | 2 | 3 | 4.5 | 5 | 3.5 | 5 | 3.5 | 5 | 3.5 | 5 | 3.5 | 5 | 3.5 | 5 | 3.5 | 5 | 3.5 | 5 | 4.5 | 3 |
| L3 | 2 | 3 | 4.5 | 6 | 4.5 | 6 | 4.5 | 6 | 4.5 | 6 | 4.5 | 6 | 4.5 | 6 | 4.5 | 6 | 4.5 | 6 | 3.5 | 2 |

Uphill Walk: (30 minute default)

The Uphill Walk gradually increases the intensity of your exercise peaking at a high intensity. The goal of the Uphill Walk workout is to stimulate your body to improve your overall cardiovascular fitness, while also maximizing muscle cell development in working muscles. The Uphill Walk workout has been designed to start out at a slow, comfortable pace and gradually increase to a peak intensity then with a quick decrease in intensity back down to a recovery level. You will maximize overall calorie burn during the peak intensity levels of this workout while allowing your body to exercise for a longer duration.



Incline

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| L1 | 1 | 1 | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 6 | 5 | 3 | 2 |
| L2 | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 6 | 7 | 7 | 7 | 6 | 4 | 3 |
| L3 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 6 | 7 | 7 | 7 | 6 | 5 | 4 | 3 |

Speed

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|----|---|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|----|----|
| L1 | 1 | 1 | 1.5 | 1.5 | 1.5 | 1.5 | 2 | 2 | 2 | 2.5 | 2.5 | 2.5 | 3 | 3 | 3 | 3.5 | 3.5 | 3 | 2 | 1 |
| L2 | 2 | 2 | 3.5 | 3.5 | 3.5 | 4 | 4 | 4 | 4.5 | 4.5 | 4.5 | 5 | 5 | 5 | 5.5 | 5.5 | 5.5 | 4 | 3 | 2 |
| L3 | 3 | 3 | 4 | 4 | 4 | 4.5 | 4.5 | 4.5 | 5 | 5 | 5 | 5.5 | 5.5 | 5.5 | 6 | 6 | 6 | 5 | 4 | 3 |

Custom User Set-up Programs

There are two user programs that provide you with the ability to establish customized program profiles specific to your workout requirements. For each user set-up program, first set the workout time then set weight then the speed and incline for each segment in the program profile by pressing either the up and down arrows for speed and incline or using the quick select buttons. After obtaining your desired selection press enter to move to the next column in the program profile. This program will now be saved for you each time you select it and press the "start" button.

My Zone Heart Rate Control Programs

The TR3000i and TR4000i comes with two types of heart rate control programs- Constant and Interval and within each of these you can select either a "Speed" control option or an "Incline" control option.

There is a 3 minute warm up for this program prior to the treadmill taking control of the speed or incline.

Note: To use the Heart Rate Control programs the treadmill needs to receive your heart rate throughout the entire workout either through using the grip pulse pads or a chest strap heart rate transmitter.

Constant Heart Rate Control: The "Constant" program lets you select a single heart rate that you want to maintain throughout your workout and the treadmill will maintain this heart rate for you by either adjusting the speed or the incline. After selecting the Constant Heart Rate program the next selection option will be Incline Mode or Speed Mode. Select which mode you prefer and the treadmill will adjust the speed or incline every 10 seconds to keep you at your selected heart rate level. For instance, if you select the incline mode there will be a 3 minute warm up and then the incline will start to adjust each 10 seconds obtain and maintain your target heart rate. You choose the speed that you want the belt to run and the treadmill will control the incline.

Typically for Weight Loss set the target heart rate at 65% of your predicted maximum heart rate and for Cardio Training set the target at 80% of your predicted maximum. Refer to the Heart Rate Training section of this manual to determine your optimal training zones based on your age and exercise objectives or visit:

http://www.lifespanfitness.com/article_weight_calc2.asp

Interval Heart Rate Control: The "Interval" program is designed to help you increase your aerobic endurance and improve heart rate recovery. This program lets you select a LOW or recovery target heart rate and a HIGH target. After a 3 minute warm-up the console will adjust the speed or incline, which ever you select, every 10 seconds to maintain your LOW target to 2 minutes. Then the console will adjust the speed or incline to raise your heart rate to the HIGH target that you selected and once again keep it at this level for 2 minutes and then repeat the process until the end of the workout. It is recommended that you set the workout time to 20 minutes or higher to use this program effectively.

Operating Your Display Console

Setting the Date and Time:

To set the date and time of day in your console follow these steps:

1. Press any of the quick speed buttons for 3 seconds to initiate the date and time set up mode.
2. Press the UP / DOWN buttons to set the correct YEAR. Press Enter
3. Press the UP / DOWN buttons to select the correct MONTH. Press Enter
4. Press the UP / DOWN buttons to select the correct DAY. Press ENTER
5. Press the UP / DOWN buttons to set the HOUR. Press ENTER
6. Press the UP / DOWN buttons to set the MINUTES. Press ENTER

Starting in Manual

The quickest way to get started is to press the START button. Pressing the START button will select the Manual program and the TIME will start counting up from 00:00. You can also press ENTER to select the Manual program. Using the ENTER button will allow you to set a specific workout TIME, and set your WEIGHT for more accurate calorie calculation.

Starting a Preset Program

1. **Select Program** - Use the Program buttons to select your desired Exercise Program. Each program button has multiple programs that you can scroll through. Each time you press the program button you will move to the next program option. Once you find the desired program press enter.
2. **Select Program Mode** - with each program selection you can choose to run the program in the Incline Mode or the Speed Mode. Use the UP / Down arrows to make the selection then Press Enter.
3. **Set Program Level** - There are 3 levels of intensity with each preset program. Use the UP / Down arrows to make the selection then Press Enter.
4. **Set Time** - Set the program TIME of your workout using the UP / DOWN arrow keys. Press Enter.
5. **Set Weight** - Set your WEIGHT in the console for more accurate calorie calculation using the UP / DOWN arrow keys. Press Enter
6. Press the **START** button to begin your workout.

Custom User Set-up Programs

User programs need to be set-up before they can be used. To set up a user program:

1. **Select USER1 or USER2 Programs** - Use the Up / Down arrow keys to select the USER1 or USER2 programs. Press Enter.
2. **Set Time** - Set the program TIME of your workout using the UP / DOWN arrow keys. Press Enter.
3. **Set Weight** - Set your WEIGHT in the console for more accurate calorie calculation using the UP / DOWN arrow keys. Press Enter
4. **Set Level** - Select the level for each segment in the exercise program. Press Enter and repeat until all 20 segments are complete.
5. **START** – press the START button.

Once the program has been set up, simply scroll to the USER1 or USER2 program and press START.

Operating Your Display Console (continued)

Using Heart Rate Control Programs

The constant Heart Rate Control program requires that you set a heart rate that the display console will maintain throughout the workout and the Interval requires that you set a LOW and a HIGH heart rate.

HRC – Constant:

1. **Select HRC1** - Use the Up / Down arrow keys to select the HRC1 program. Press the Enter button to select.
2. **Select Program Mode** - select either the Incline Control Mode of the Speed Control Mode using the UP / DOWN arrow keys. Press Enter.
3. **Set Time** - Set the program TIME using the UP / DOWN arrow keys. Press Enter. Remember that the program will include 3 minutes of warm up
4. **Set Weight** – enter your weight using the UP / Down arrow keys. Press Enter
5. **Set Age**- enter your age using the UP / DOWN arrow keys. Press Enter
6. **Set Target Heart Rate** - set your target heart rate using the UP / DOWN arrow keys. Press Enter
7. Press the **START** button to begin your workout.

HRC – Interval:

1. **Select HRC2** - Use the Up / Down arrow keys to select the HRC 2 program. Press the Enter button to select.
2. **Select Program Mode** - select either the Incline Control Mode of the Speed Control Mode using the UP / DOWN arrow keys. Press Enter.
3. **Set Time** - Set the program TIME using the UP / DOWN arrow keys. Press Enter. Remember that the program will include 3 minutes of warm up
4. **Set Weight** – enter your weight using the UP / Down arrow keys. Press Enter
5. **Set Age**- enter your age using the UP / DOWN arrow keys. Press Enter
6. **Set HIGH Target Heart Rate** - Set your HIGH Interval training rate using the UP / DOWN arrow keys. Press Enter.
7. **Set LOW Target Heart Rate** - Set your LOW Interval training rate using the UP / DOWN arrow keys. Press Enter.
8. Press the **START** button to begin your workout.

Operations

While exercising you can change the Speed and Incline Level by pressing the UP / DOWN buttons. To pause your exercise program press the START button and to reset your program, press the STOP button for 3 seconds.

Innovative Features

Intelli-Guard - This treadmill is equipped with the Intelli-Guard safety feature. This feature senses when you stop walking on the treadmill and for safety purposes it automatically pauses the treadmill to avoid accidental falls and resulting injury. The Intelli-Guard feature is triggered when the treadmill senses that you are no longer walking or running on the treadmill.

Caution: The Intelli-Guard feature will automatically be disengaged when the treadmill is operated at speeds under 1.5 mph or at an incline level over 5. If the speed or incline is within these parameters the step icon will flash. When the icon flashes, the treadmill will not auto-pause

Caution: At 20 seconds the console will beep once per second for 5 seconds and then automatically pause the treadmill. These beeps are a notice that the treadmill belt is about to stop. If for some reason you are still on the treadmill when this occurs move your feet to the side rails and prepare for the belt to stop. The Intelli-Guard feature does not replace the use of your safety key or using proper precaution in stopping the treadmill when it is not in use.

Intelli-Step – The treadmill comes with the Intelli-Step counting feature. This feature senses the resistance on the running belt each time your foot strikes. There are several factors that will effect the accuracy of this feature including your walking style, your weight, and your usage characteristics. For example, the Intelli-Step feature will have a more difficult time picking up the steps of a light user and especially a light user walking at an incline. The higher the incline the more difficult it is for the feature to recognize steps. This may also be the case at lower speeds. In summary, the Intelli-Step is a great feature for users interested in maintaining a step count walking or running program, but it is dependant on many variables for accuracy and the accuracy of the count will depend on your individual characteristics as well as variables related to the treadmills usage.

1. Be certain that your treadmill is sitting level and stable. There are adjustment feet at the front corners of the base frame to help level the treadmill. If the treadmill is not level the running belt will move toward the lowest side of the treadmill. It is also recommended that you locate your treadmill in a pleasant area that gives you something to look at while working out, such as a window or television. Maintaining an exercise program with a treadmill located in a poorly lit basement is more difficult than when your treadmill is located in an active and pleasant location.
2. Make sure that your treadmill is plugged into a properly grounded outlet as described in the grounding section of this document.
3. Turn the On/Off switch located on the front right side base frame to the On position.
4. Insert the magnetic safety key into the round area centered at the bottom of your display. If the safety key is not inserted properly the screen will say "Safety Key".

Belt Lubrication

Use only 100% Silicone and avoid using aerosol silicone sprays which include additives and petroleum distillates. One ounce of Silicone should be used for each application. LifeSpan offers 100% silicone lubricant that can be ordered at www.lifespanfitness.com.

The running belt should be lubricated every 3 months (irregardless of use) or every 50 hours of use, whichever comes first. Even if the treadmill is not being used, silicone will dissipate over time and the belt will dry out.

Note: Even though the running belt is lubed from the manufacturer, it is not a bad idea to lubricate the running belt when first using the treadmill in case the belt has dried some between the dates the unit was manufactured and when it was purchased.

The Silicone icon will turn on in the display every 100 hours of use and is a reminder that it is time to lubricate the running belt. As indicated above it is best to lubricate the running belt every 50 hours of use. This is a reminder for the 2nd 50 hours. The icon will be in the display for 5 minutes and then it will turn off. To turn the icon off you can simply press the SPEED DOWN and START buttons simultaneously until the icon turns off.

Apply the silicone to the underside of the treadmill belt. Do not apply to the walking surface. This may be accomplished by folding the treadmill and applying the silicone to the back of the belt from each back corner. Spray the silicone down and across the belt from each corner. Rotate the belt 1/2 of the circumference and repeat from each corner.

Note: When lubricating the belt, make sure the treadmill is located on a surface that can be easily cleaned. After lubricating your treadmill running belt, clean any excess silicone off the belt and frame.

Cleaning

It is recommended to wipe the treadmill down after each use to keep the treadmill clean and dry. A mild detergent may be used at times to help remove all dirt and salt from the belt, painted parts and the display.

The icon in figure 2 shows up in the display every 150 hours of use. This is a reminder to clean the unit really good. This cleaning would include removing the motor cover and cleaning around the motor and electronics. It is recommended to clean the motor compartment if the treadmill is in an area where there might be a lot of pet hair or plush carpet fibers that could get pulled up into the motor compartment. It is a good idea at this time to check and tighten all assembly hardware as well.

Warning: Unplug the Power Cord Before Removing the Motor Cover.

After cleaning and checking all assembly hardware, to turn the maintenance icon off, press the SPEED DOWN and START buttons simultaneously till the icon turns off.

Moving and Storage

The treadmill comes with a folding feature that reduces the amount of storage space required when your treadmill is not in use and makes the treadmill easier to move.

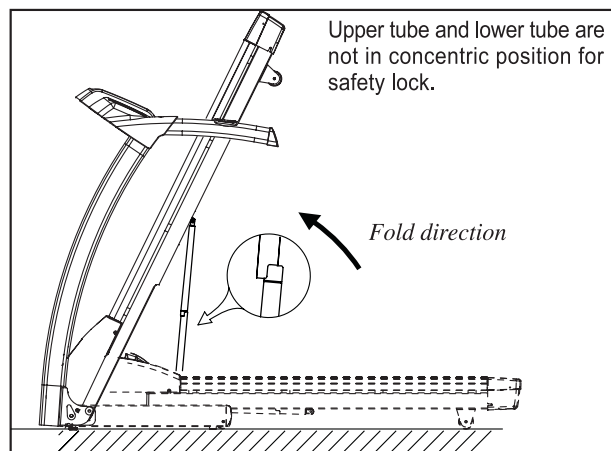
Folding the Treadmill

1. Make sure that the On/Off switch is turned Off and the power cord is removed from the wall.
2. Make sure that nothing is on or near your treadmill which might spill, be knocked over or prevent the treadmill from completely folding.
3. (a.) Place both hands under the support bar that is located directly under the back of the running belt on your treadmill to make sure that you have a solid lifting point.

(b.) Lift the treadmill all of the way forward and make sure that the hydraulic lift is properly locked in place.

Caution: When lifting, use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up evenly with both arms.

- (c.) Ensure that the locking mechanism is secure by gently pulling back on the treadmill and make sure that it doesn't move. When doing this, be careful to be securely positioned in case the treadmill lock has not engaged.

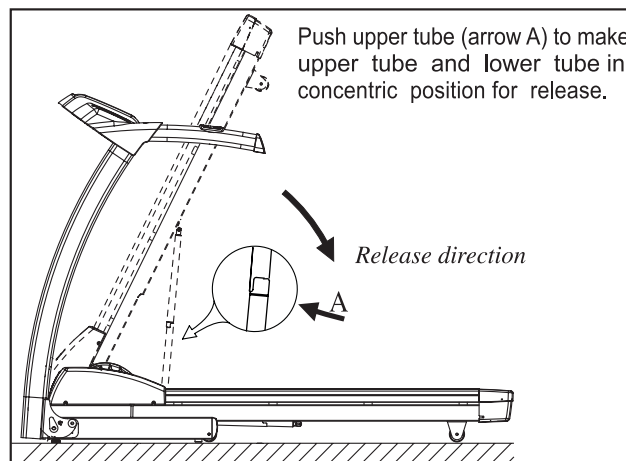


Caution:

- Do not fold the treadmill by lifting on the running belt or rear roller. These parts do not lock in place and are difficult to grip when folding - personal injury or damage to the treadmill could result.
- Do not lean against the treadmill once it is folded or place items on it that could cause it to become unstable or fall over. This could result in serious personal injury.
- Do not connect the power cord when the treadmill is folded or try to operate the treadmill in the folded position.

Unfolding the Treadmill

1. Make sure you have adequate space to lay the treadmill down. There needs to be at least 2 feet of clearance on both sides and in the front of the treadmill. There should be at least 4 feet of clearance on the back side of the treadmill for safety reasons. If the user were to fall this would give adequate clearance to get off the treadmill.
2. Inspect to ensure that nothing is on or near your treadmill that might spill, be knocked over or prevent the treadmill from completely unfolding.
3. Position yourself behind the treadmill. Slightly push the treadmill forward towards the display and with your left foot lightly push the top portion of the hydraulic lift forward till the locking tube frees and the treadmill can be pulled back away from the console.
4. The hydraulic lift is set up to drop softly without assistance. It is not a bad idea to hold onto the treadmill until it is about 2/3 of the way down. Make sure that you use proper lifting technique, bending your knees and keeping your back straight.



Troubleshooting

The treadmill is designed and manufactured to be reliable and easy to use. However, if you have a problem, these troubleshooting steps may help you find the cause.

- Problem:** The console is erratic or not lighting up
Solution: Check to make sure that the treadmill is properly plugged in, turn the power switch off and back on again and make sure the safety key is in place. If the problem persists contact LifeSpan Customer Service.
- Problem:** The belt does not stay in the center of the treadmill when in use.
Solution: First check to make sure that the treadmill is level, then refer to the instructions in this manual on how to tension and adjust the belt.
- Problem:** The treadmill motor seems strained or E1 comes up after several minutes of use.
Solution: The lubricating silicone that is applied to the deck and belt is wearing down and the belt needs to be lubricated with silicone spray.
- Problem:** The treadmill belt slips during use.
Solution: The belt may need to be tensioned after a period of use. Refer to the Belt Tensioning and Adjustment Section of this manual.
- Problem:** Speed does not match quick keys. Treadmill Starts at 1 and goes to 16.
Solution: The treadmill is set up in Metric Mode. See chart on next page for Console Engineering Mode.
- Problem:** Heart Rate is erratic or not picking up.
Solution: Make sure your hands are moist (Aloe Vera helps). Make sure all connectors at the back of the console are properly connected and no wires are damaged. If wearing a chest strap make sure the batteries are good and that the electrodes are moist and position properly on your chest.
- Problem:** Treadmill automatically pauses during workout.
Solution: Treadmill is not picking up Step Count. Go into Engineering Mode to turn Intelli Guard off.
- Problem:** Silicon icon lights up on console.
Solution: Lubricate the running belt with 100% pure silicone. Then simultaneously press and hold the Speed and Start buttons until the light turns off.

Belt Tensioning

If the belt begins to slip during use, it will need to be tensioned. Your treadmill is equipped with tension bolts that are accessible from the back of the treadmill. Before tensioning the belt, start the treadmill and set the speed to 3 MPH. Using a 6 mm Allen Wrench, included in your hardware bag, turn the right and left tension bolts 1/2 turn, alternating back and forth until the belt slipping stops. After you adjust each side 1/2 turn, test to see if the slipping is eliminated. If the belt still slips repeat this step and test again.

If you turn one side more than the other, the belt will start to drift to the side of the treadmill and need to be aligned. Do Not tighten more than 2 full turns on each side. If slippage still occurs, contact LifeSpan Customer Service.

Note: Over tensioning the belt can cause unnecessary friction and wear and tear on the belt, motor and electronics.

Aligning the Running Belt

Ensure the running belt is centered on your treadmill at all times. Running style and a non-level surface are two instances that may cause the belt to drift off center. Minor adjustments to the two bolts at the rear of the treadmill are necessary when the belt has drifted off center.

1. Press "START", then increase the treadmill's speed to 3MPH.
2. Stand at the rear of the treadmill to determine which direction the belt is drifting.
3. If the belt drifts to the left, turn the left adjustment bolt one-quarter turn clockwise and the right adjustment bolt one-quarter turn counter-clockwise. (See FIG.C)
4. If the belt drifts to the right, turn the left adjustment bolt one-quarter turn counter-clockwise and the right adjustment bolt one-quarter turn clockwise. (See FIG.D)
5. Observe the tracking of the belt for about two minutes. Repeat step 3, 4 and 5 as needed.

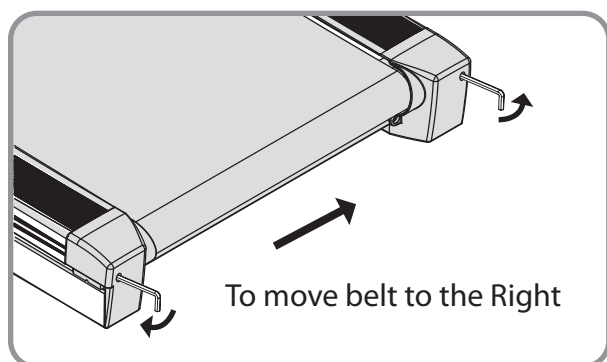


FIG. C.

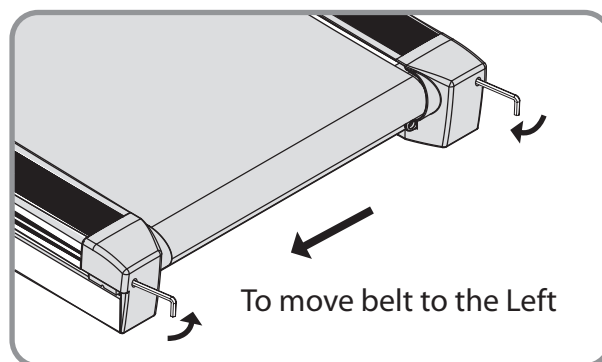


FIG. D.

LifeSpan™ by PCE
HEALTH & FITNESS

TR3000i / TR4000i

Folding Treadmill

TREADMILL MODEL NUMBER- ***TR3000i/TR4000i***

SERIAL NUMBER :

MADE IN TAIWAN